

WEEK 5

Day 1

Movement Preparation

Workout

3.0 miles run

Forward Plank 1:00-1:20 hold

Side Plank 1:00 each side

Frog Squat 1:00 hold

Set of 4 rounds

Hand release push-ups 15 reps

Pull-ups 15 reps

Farmers Carry 50 yds.

Vertical Jump 15 reps

Knees to elbows 8-10 reps

Post-workout regeneration

Day 2

Movement Preparation

Workout

Set of 8 rounds

Push-ups 15 reps

Squat Thrusts 15 reps

Sit-ups 15 reps

Mountain Climbers 15 reps

100 yd. run

2.0 mile run

Post-workout regeneration

Day 3

REST

Post-workout regeneration

Day 4

REST

Post-workout regeneration

Day 5

Movement Preparation

Mid Assessment test

2 minute timed push ups

2 minute timed push ups

40 yd. sprint

2.0 mile run

Post-workout regeneration

Day 6

Movement Preparation

Mid Assessment test

3.0 mile run 9:30 pace

Post-workout regeneration

Day 7

REST

Post-workout regeneration